

Halifax metro



Your essential daily news |

MONDAY, JANUARY 18, 2016

High -2°C/Low -10°C Light snow

Felix Webber-Rillie, 3, yells as he speeds down Citadel Hill on Sunday afternoon.

JEFF HARPER/METRO



FAST AND FLURIOUS

Region hit hard with the white stuff — but it could have been much worse

metroNEWS

Storm brings burst of positivity

WINTER WEATHER

Snow-clearing efforts praised by citizens after messy weekend



Snow clearing in the municipality is receiving uncharacteristically favourable reviews

after a winter storm hit Halifax on Saturday night.

"People are very pleased this time," Coun. Tim Outhit said Sunday afternoon.

He'd received just two complaints about snow-clearing after the storm — compared to the more than 100 he'd received last Wednesday.

"The rest have actually been compliments, saying please pass along to the contractor and the city that it was very well done; in fact, some of the best they've seen in a while,"

he said.

Coun. Steve Craig also noted a "marked improvement" in the snow clearing on Sunday.

"I'm very pleased with the efforts this time," he said. "There's still going to be a few people that will not be satisfied, that's the way it is, unfortunately with everything."

Outhit agrees, saying that social media "is a very good thing" for disseminating information and providing feedback.

Craig also thought the city

did a better job of communicating the service standards during this storm. Halifax Regional Municipality's Twitter account let people know when the snow had stopped falling, and when to expect their streets to be cleared.

As he argued at last week's meeting, Outhit said ramping up communication about the standards is the wrong approach.

"The standards are what you use to monitor your staff or monitor your contractors, but

it is not what the residents should expect," he said. "I think that the residents expect that the standards should be the absolute worst-case scenario."

Craig and Outhit, along with Coun. Steve Adams, had a meeting Friday with city officials and a representative from Dexter — the contractor holding many of the city's snow-clearing contracts.

Craig called the meeting and said he thinks the city stepped up its response because of it.

+ TWITTER LOVE

"Snowclearing much better this storm! Great job @hfxgov! #hfxsnow #winter2016"
— @RobBelliveau

"My road is clear!!! Thank you! Don't think it's ever been plowed this quick and so well :) keep up the good work!"
— @happypilefamily



Train to deliver short and long-term care to those in need.

Become a **Continuing Care Assistant** for home care, long-term care and hospitals. This is a growing industry that offers flexible hours and competitive pay.

Join us for an OPEN HOUSE
Thursday, Jan. 21st from 4-6pm!
800 Sackville Dr, Lwr Sackville
NEXT PROGRAM STARTS FEB. 22



Continuing Care Assistant

successcollege.ca 902.865.8283



Business sector vacancy rates 'staggering': Survey

DOWNTOWN

Poll says empty office space bad for commercial growth

Yvette d'Entremont
Metro | Halifax

The amount of office space sitting vacant in Halifax's central business district has been called "staggering" and doesn't bode well for future commercial growth and prosperity in the city's downtown core.

Those are the findings from a series of surveys undertaken in December and released last week by Turner Drake & Partners Ltd.

"Back in 2009 we did a study for HRM ... We warned them in that study that Halifax's downtown was declining as a commercial centre and would, in our words, become a place to play and stay," said Turner Drake president Michael Turner.

"We are now 5 1/2 years on and that's exactly what has happened."

Turner said while Calgary's high office vacancy rates are due to collapsing oil prices, Halifax has itself to blame.



Purdy's Wharf towers are seen through glass in downtown Halifax. JEFF HARPER/METRO

"What has really caused the problem is that HRM is in competition with the downtown because they own the industrial parks," he said.

"By making land available in the industrial parks for office space, they have effectively bled demand away from the downtown because it's cheaper to build in the industrial parks."

Turner believes it's too late

to turn the tide. This is the year the province's working population will start to decline, a reality that will result in even less demand for office space.

Although he agrees the numbers are cause for concern, the executive director of the Downtown Halifax Business Commission is a bit more optimistic.

Paul MacKinnon said Halifax's office vacancy rates are

in part driven by the addition of more "class A" office space (top tier buildings like Purdy's Wharf and 1801 Hollis St.) currently under construction.

"The 'class A' space that's being built is being driven by a bit of a shuffling of the existing market. That's not necessarily a bad thing at all," MacKinnon said.

"The overall positive change that I see is that recognition. I think what we'll start seeing increasingly are policies that help support that."

LABOUR

Chronicle Herald faces strike if contract isn't reached

Unionized workers in the newsroom of Canada's largest independently-owned daily newspaper voted in favour of striking Saturday if a contract cannot be reached next week.

The Halifax Typographical Union, which represents 61 unionized workers at the Halifax Chronicle Herald, said 98.3 per cent of members voted in favour of strike action.

Vice-president Francis Campbell said the union is hoping it won't come to that and two days have been set aside next week for last-ditch, conciliated talks.

"But we're not overly optimistic because we think the company's agenda since bargaining began was to lock us out," said

Campbell.

Management filed a notice earlier this week that gives the company the option to lock out its newsroom staff with 48 hours notice — a pre-emptive legal move that doesn't necessarily mean a lockout will happen.

But Campbell said the 140-year-old company has made clear it is getting ready to lock out the employees to press its proposals to reduce wages, lengthen working hours, shrink pension benefits and lay off up to 18 workers.

"We've been told to return equipment like cameras, computers and cell phones to the company by Friday," said Campbell.

The bargaining unit includes

reporters, editors, photographers, editorial writers, columnists, page technicians and support staff.

Nancy Cook, the Herald's vice-president of administration, issued a statement saying the strike vote came as no surprise and said management would try to work out an agreement when the two sides resume talks in the coming week.

The union has said the company's proposal to cut wages and extend working hours from 35 to 40 hours a week will result in a 17 per cent reduction in newsroom pay, in addition to doing away with the existing defined-benefit pension plan.

THE CANADIAN PRESS



The Chronicle Herald offices on Joseph Howe Drive in Halifax.

METRO FILE

CRIME

Shooting suspect in custody



Kristen Lipscombe
Metro | Halifax

Halifax police had a man in custody Sunday night after shots were fired at an occupied vehicle.

Officers arrested the suspect "a short distance away" from the 3300 block of Federal Avenue in Halifax, where a dispute outside resulted in the shooting, according to Halifax Regional Police.

The shooting took place just before 5 p.m., police said. Police found the vehicle that was shot at, and said nobody was injured in the incident. Charges will be decided on once the investigation is complete, police said.

POLICE

Five men arrested on gun charges



Zane Woodford
Metro | Halifax

Halifax police have five men in custody after two separate weapons complaints in Dartmouth on the weekend.

The first complaint came in early Saturday morning, when a man called police to report two men in an SUV had been following him near Portland Estates Boulevard and Portland Street in Dartmouth.

Police caught up with the suspects at a home on Hillview Drive, and arrested them. On Sunday morning, they announced multiple charges, including careless use of a firearm against two 18-year-old men — Matthew Braydin Valardo and Isaiah Thomas Dorrington, both from Dartmouth. They're scheduled to appear in provincial court on Monday.

The second complaint came in Saturday at about 6:30 p.m. when police were called to Primrose Street in Dartmouth for a report of two men with firearms.

Police pulled over a car, then arrested a 28-year-old man and a 36-year-old man for weapons offences. A 24-year-old man was also arrested. The three men remain in custody. The investigation is ongoing.

Dino tour stomps into town

MUSEUM

The fossils appeal to both children and adults: Official



**Rebecca
Dingwell**

For Metro Halifax

A massive Triceratops skull and the towering leg of a Tyrannosaurus rex are just some of what you can see at the Dinosaur Discoveries exhibit at Halifax's Museum of Natural History.

The travelling exhibit is from the American Museum of Natural History, and Halifax is its first Canadian stop.

Jeff Gray, communications curator of the Halifax museum, said the exhibit is a great followup to last year's display: *Dinosaurs Unearthed*.

"This exhibit sort of picks up from there, and talks a lot more about the science and the biomechanics of how these dinosaurs would've existed," Gray said prior to its open house launch on Friday.

That evening, everyone from children to adults showed up to the exhibit's opening. Gray said dinosaurs appeal to people of all ages.

"Kids seem so much smarter because they know so much about dinosaurs," said Gray. "Older visitors seem younger because they're excited, like little kids, to see them."

Susie Mahoney, one of the open house attendees, said it's great to see a small museum host larger exhibits.

"I just thought it would be a cool opportunity to see something different," said Mahoney. "(Dinosaurs) were on the earth for so long.... Everybody has this fascination with the past."

Gray attributed some of the fascination with dinosaurs to



their ongoing presence in pop culture, such as in the recent films *Jurassic World* and Pixar's *The Good Dinosaur*.

"Whenever we have done dinosaurs (at the museum), we always get much more people through the door," he said.

Sylvia Daszkowski attended the Dinosaur Discoveries opening with her friend, Victoria Duggill. Daszkowski said she grew up with *The Land Before Time* series, which fuelled an interest in dinosaurs that has stayed with her.

"It's very nostalgic," Duggill added.

Daszkowski said if she had to pick a favourite dinosaur, it would be the Velociraptor.

"They're tiny, but they're really, really smart."

Laura Kirk, an exchange student from Australia, heard about the exhibit from a friend and decided to check it out.

"(Dinosaurs) are just kind

of fascinating, 'cause they're extinct," said Kirk.

"They're not exactly around, so you can't go have a look at them."

Kirk said there aren't many chances to see fossils in Australia, so she seized the opportunity. "It's kind of like a cool mix between interesting and informative," she said of the exhibit.



Visitors to the Museum of Natural History check out a mini T. rex skeleton as part of the new Dinosaur Discoveries exhibit on Sunday. **Inset:** A Protoceratops skeleton is also part of the exhibit.

JEFF HARPER/METRO



PICTURE YOURSELF HERE!

Now Hiring!

FLIGHT ATTENDANTS (BILINGUAL: ENGLISH & FRENCH)

Able to handle any situation with professionalism and confidence? Become a Flight Attendant. The safety and comfort of our passengers is in your capable hands. Benefits include varied hours, travel, health and dental benefits. If you want to be part of our team, please apply online at www.flyjazz.ca

jazz

INVESTIGATION

Massive lobster theft troubles police

Recent thefts of roughly 2,700 kilograms of lobster in Nova Scotia are troubling officials in Atlantic Canada's billion-dollar lobster fishing industry.

Hubert Saulnier, a lobster fisherman based in Saulnierville, said the valuable crustaceans were someone's livelihood and a lot of work and money went into catching them.

"When you start affecting somebody else's livelihood, I mean, a lot of wars are started affecting somebody else's livelihood," said Saulnier, a former president of the Maritime Fishermen's Union Local 9.

"This is the livelihood of a few men and it doesn't belong to the thieves, it belongs to the individuals. It's really too bad."

The RCMP say 48 crates of live lobster, more than 2,100 kilograms, were stolen from an outdoor pound at a business on

Cape Sable Island last week.

The theft followed a similar incident last month, when 14 crates of lobster were stolen from a secure compound on Morris Island near Yarmouth.

Saulnier said at roughly six dollars per pound, the latest theft would have amounted to roughly \$28,000 in lobster. But Saulnier said it's not just revenue that is lost when someone steals a catch. Fishermen have expenses, including fuel, bait and paying the crew. THE CANADIAN PRESS

REQUEST

Public asked to be vigilant

The Mounties are asking the public to watch out for people trying to sell an unusually large number of lobsters.

PUBLIC ASSISTANCE

Driver sought in Friday hit and run

Police are asking for the public's help identifying the driver involved in a vehicle-pedestrian collision that occurred in Halifax Friday morning.

At 8:18 a.m., a 26-year-old female was walking in the parking lot of an apartment building located in the 3400 block of Dutch Village Road. She was hit by a vehicle, causing her to fall.

The driver stopped to assist the pedestrian into her nearby place of work and stated that he would go park his car and then come back. He failed to return.

The woman sustained non-life threatening injuries to her shoulder as a result of the collision and was transported to

DESCRIPTION

- The driver is described as a 30-to-40 year-old man with some facial hair.
- He was wearing business-type clothing and a beige trench coat.
- According to the pedestrian's description, the car was gold in colour and was a larger, four-door sedan.

the hospital by ambulance.

The pedestrian believes the vehicle was gold in colour and was a four-door, larger model sedan.

METRO

CRIME

Man charged with murders back in court

Sporting a Toronto Maple Leaf's hockey jersey and a big smile, a man facing two counts of first-degree murder dating from 15 years ago made his way into Supreme Court for a pre-trial conference.

Leslie Douglas Greenwood, 46, is charged with the first-degree murders of Barry Kirk Mersereau and Nancy Paula Christensen. The couple was shot to death in their Centre Burlington, Hants County home in September 2000.

Greenwood's Friday pre-trial conference began with him requesting a couple minutes to talk with Nova Scotia Legal Aid

lawyer Ken Greer. Although he didn't get into specifics, Greer said Legal Aid took the "exceptional step" to remove him from the case.

He said he appreciated their concerns and applied to withdraw as solicitor of record.

Greenwood didn't oppose the application, which was granted by Judge Gregory Warner.

"If it's going to cause him grief, I'll let him (Greer) go," Greenwood said. "I have no clue what's going on here legally."

Warner expressed concern that this could further delay the

trial, but lawyers Mark Knox and Trevor McGuigan are now preparing to represent Greenwood.

It's possible that Knox will have to ask to be relieved as well due to a "potential conflict with a defence witness." However, Knox said he wants to remain on the file.

Greenwood has yet to make application for a bail hearing. He remains in custody on a due course of law remand.

Warner said he is aware Greenwood has "made a demand" that Crown prosecutor Peter Craig be taken off the case.

The other Crown prosecutor involved with the case is Shauna MacDonald.

Warner pointed out there is an outstanding motion from Greenwood for further Crown disclosure. Knox said he has yet to review all material disclosed to date and McGuigan said he hasn't had a chance to review any of it, having met Greenwood for the first time earlier that day.

"We're both on the same page Mr. Greenwood," Warner said. "I want this to proceed quickly but not in an unfair manner."

TC MEDIA



Dr. Philip Tibbo, a psychiatrist, professor and researcher from Dalhousie University, fields questions at a forum in Halifax on Friday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Panel seeks to dispel marijuana myths

EDUCATION

Tour designed to warn about effects of drug on adolescents

At a Halifax skate park last summer, Philip Tibbo's 14-year-old son was told by a group of older teenagers that marijuana is natural and no harm would come of using it.

It's one of many myths about cannabis circulating amongst Canadian youths today, said Tibbo, a professor at Dalhousie

University's Department of Psychiatry.

"I asked him if many people were smoking (at the skate park) today. And he said, 'Yes, but they're all saying it's harmless. That it doesn't do anything to you,'" said Tibbo. "It's amazing that myth is out there."

The Canadian Centre on Substance Abuse kicked off a four-city tour in Halifax on Friday intended to debunk myths about pot and warning about the effects of the drug on young people.

The tour comes a month after the Liberal government's December throne speech in

which it pledged to "legalize, regulate and restrict access to marijuana."

Tibbo, who contributed to a report released in June about cannabis use in adolescence, said research indicates the risks are greater for teens who use marijuana because their brains are still in development.

"The adolescent brain is going through so many more developmental processes and the whole endocannabinoid system is responsible for those processes, so then if you get regular cannabis use into that system, it can have deleterious effects down the road," said Tibbo at

a Halifax convention centre.

"We need to get that message out."

Sherry Stewart, a professor at Dalhousie's Department of Psychiatry Psychology and Neuroscience, said there are many misconceptions among youth about cannabis, including that all teenagers smoke weed.

"In relation to what youth think, that everybody is doing it, the statistics clearly show that's not the case," said Stewart, citing the 2013 Canadian Tobacco, Alcohol and Drugs survey results for 15- to 19-year-olds. THE CANADIAN PRESS



Sheriffs lead Leslie Douglas Greenwood into Supreme Court in Kentville for a pre-trial conference Friday. TC MEDIA

Storm tough to forecast: Environment Canada

WINTER WEATHER

Ice pellets and snow instead of expected freezing rain

Zane Woodford
Metro | Halifax

The latest storm to hit the region was a tough one to call, according to Environment Canada.

"Early on, it was tough for our (meteorologists) to pinpoint the exact track and intensity of the low-pressure system," said Environment Canada meteorologist Jeffrey Hilliard on Sunday. "Essentially, we had a freezing rain warning out initially for portions of mainland Nova Scotia, and that mostly ended up being ice pellets and snow instead."

The storm dumped about 15 centimetres on most of the Halifax regional municipality, though wind might have made it seem like more than that.

"We definitely had some areas of drifting, and potentially reduced visibilities and blowing



Crews clean up a sidewalk corner at Robie and Inglis streets on Sunday afternoon after a dumping of snow on Saturday. JEFF HARPER/METRO

snow," Hilliard said.

The municipality didn't bear the true brunt of the storm, though, even though a winter storm warning issued Saturday afternoon said the Halifax region

would get anywhere between 20 and 35 centimetres.

"Along the spine of mainland Nova Scotia was the area hardest hit," Hilliard said.

Those areas were hit by as

much as 40 centimetres of snow, tapering off to 20 to 30 centimetres for the valley and between 10 and 20 centimetres for much of Cumberland County, and Truro.

Hilliard wouldn't speculate as to whether winter would get much worse than this for the region, but said of course everyone is hoping for a less-hectic winter than the last, which he called an "anomaly."

"I would say that this storm is kind of typical of a winter

storm we'd see for this area," he said of Saturday night's storm.

He said there was a weak low pressure system coming for the region Monday night, but Environment Canada is only forecasting up to five centimetres of snow.

"Definitely I wouldn't call it a winter storm, but not really any reprieve from precipitation till after Monday," he said.

Hilliard said it looks like the region is "pretty good for a while" after that.

NOVA SCOTIA POWER

Utility tariffs queried

A wind company executive in Nova Scotia says he'll push hard at regulatory hearings to ensure a program that allows renewable companies to sell directly to customers isn't paying excessive tariffs to Nova Scotia Power.

Dan Roscoe, the chief operating officer of SWEB developments Inc., said in an interview he'll be making his case to the province's utilities regulator in hearings that begin Monday.

The hearings before the Utility and Review Board will consider the tariffs charged by Nova Scotia Power to the independent producers of wind, solar and other renewable energies as part the province's "renewable to retail" program.

Roscoe is arguing the transmission tariffs proposed by the utility place too much risk on the power producers and "under the proposed rates, it is very unlikely that any developer will participate in the program."

Nova Scotia Power says on its website that its proposal will create a competitive, renewable electricity supply to retail customers.

The subsidiary of Emera Inc. also says in its opening statement to the regulator that legislation requires renewable suppliers and the customers "to be responsible for all costs related to provision of service ... that would otherwise be the responsibility of Nova Scotia Power and its customers."

The firm says its tariffs are "cost-based" and ensures customers who choose to continue using Nova Scotia Power don't bear the cost of the renewables program. THE CANADIAN PRESS

Snow accumulation from Saturday's storm

Most of Halifax region

15 cm

Rawdon

42 cm

Greenwood

29 cm

DRUG PREMIUMS

Some seniors to get Pharmacare cuts

Changes to Nova Scotia's Pharmacare program will eliminate or reduce drug premiums for thousands of seniors, while creating a payment scale based on income.

Health Minister Leo Glavine says 12,000 seniors who previously paid a premium won't pay one beginning April 1, while another 29,000 will see their premium reduced.

Seniors will see co-payments reduced to 20 from 30 per cent to a maximum co-pay of \$382 a year.

Under the changes a single senior whose income is less than \$23,000 a year won't pay a premium, while those in the mid-range will pay \$40 or more a month, and those earning more

than \$75,000 will pay \$100 a month.

Anne Corbin, executive director of the Community Links seniors organization, says basing premiums on income is a more equitable approach and she says reducing the co-payment should help those on fixed incomes manage costs. THE CANADIAN PRESS

BACKGROUND

Changes for couples

Couples with a combined income below \$26,817 won't pay a premium, while couples with a combined income of above \$100,000 will pay \$200 a month.

BYELECTION

Advance polling begins

Residents in District 6 have begun voting for their next municipal councilor. Advance voting for the Harbourview-Burnside-Dartmouth East byelection began Saturday, with residents able to vote by phone and online 24 hours a day until 7 p.m. on Thursday.

Candidates are Paul Boyd, Tony Mancini, Don Smeltzer, and Matt Spurway. The seat has been empty since former councillor Darren Fisher became a federal politician.

A second advance poll goes Tuesday at Port Wallis United Church at 263 Waverley Rd., or the Dartmouth North Community Centre, 105 Highfield Park Dr., from noon to 8 p.m. METRO



YOUNG DRIVERS®

We Save Lives

Limited Seating. Call Today to Enroll.

Halifax - February 3 - Evening
 Dartmouth - January 23rd - Weekend
 Bedford - February 4th - Evening
 GDL Exit - January 23rd - Saturday

902.425.1322 • yd.com/Halifax
 New Classroom in Bedford Place Mall



Gap in support for teachers

LGBTQ ISSUES

Educators held back by system resources, professor says

Braeden Jones
Metro | Winnipeg

A national study led by a University of Winnipeg professor found widespread teacher support for LGBTQ students doesn't always translate into action.

The "Every Teacher Project" report shows about 3,400 teachers were interviewed during the 2012-13 school year, making it the largest study of its kind in the world to date.

Of those teachers, 99 per cent agreed "it is important for students to have someone to talk to" about LGBTQ issues, but only 75 per cent of secular school teachers — and 57 per cent of Catholic school teachers — feel comfortable being that someone.

Only 37 per cent of the educators reported having participated in LGBTQ-inclusive efforts at their school.

"We looked into the data and found that teachers were typically being held back by system

resources," said Catherine Taylor, the U of W education professor who headed the project with colleagues at U of W, the University of Manitoba and the Manitoba Teacher's Association.

Teachers identified a lack of training, professional development, coverage in Bachelor of Education programs and a lack of support from school divisions and ministries of education as issues.

"That's discouraging in a way but it's also something that points (to) a way forward for us and shows us what needs to be done in order to improve the situation," she said.

Last week, the Alberta Ministry of Education released guidelines for school divisions to draft policies that protect LGBTQ students from discrimination; Taylor said the move is an example of what's needed.

"Most of the pressure to do this work has come from students and from teachers who see the harm caused by homophobia," she said. "But it would be nice if the grass-roots could have the support of authorities at the highest level."

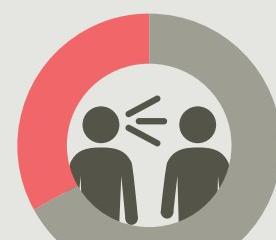
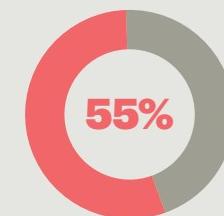
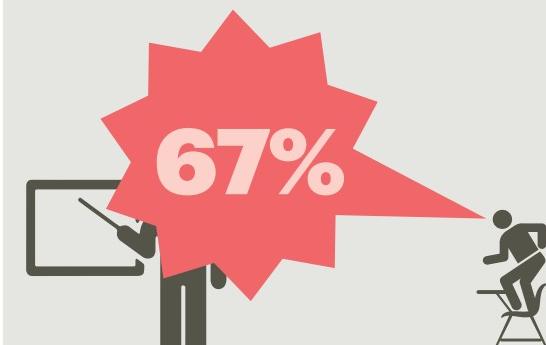
The report's dozens of recommendations include LGBTQ-specific legislation and district policy, mandatory LGBTQ content in curriculum, and the provision of LGBTQ professional development.



Catherine Taylor says the new report shows only 37 per cent of teachers have participated in LGBTQ-inclusive efforts at their school. BRAEDEN JONES/METRO

EVERY TEACHER PROJECT

Some of the numbers from the survey



In addition to



UNITED ARAB EMIRATES

Canadian man to get his day in court

A Canadian man detained without charge in the United Arab Emirates for more than a year is expected to finally learn what he's accused of at a trial set to begin on Monday.

Salim Alaradi, a 46-year-old Canadian of Libyan origin, was running a business in Dubai when he was abruptly arrested in August 2014.

His family and lawyers have received no explanation from U.A.E. authorities for his continued detention and there

have been allegations he has been tortured behind bars.

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, settling down in Vancouver with his family.

He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother. He and his family were on vacation when he was arrested.

For two months his family didn't know if he was dead or alive.

THE CANADIAN PRESS

PET COSMETIC SURGERY

Vets slam docking tails, cropping ears

More veterinarians in Canada are speaking out against pet cosmetic surgery such as removing the tails of puppies and cutting dog ears into points, but the pace of change is slow.

Ear-cropping and tail-docking are already prohibited in seven provinces either by law or regulatory bylaws.

The decision on whether to operate is left up to individual animal doctors in Alberta, Ontario and Quebec, even though veterinary groups oppose such procedures in principle.

Dr. Nicole Gallant, president

of the Canadian Veterinary Medical Association, said vets are under pressure to perform cosmetic surgery.

Ending the practice will depend on reducing demand for dogs with unnaturally bobbed tails and pointy ears, she said. That involves breed clubs amending their standards so dogs can be shown in their natural state without penalty.

People often refer to show dogs for how their pet is supposed to look. "The changes have to come in the breed standards," Gallant said.

"We have been just so programmed to see the altered dog as the normal. People have to expect unaltered dogs."

The College of Veterinarians of British Columbia recently voted to ban cosmetic ear-cropping.

Other provinces that prohibit the practice include Manitoba and Saskatchewan.

Ear-cropping and tail-docking have been banned in Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland and Labrador.

THE CANADIAN PRESS



Parents seek answers in death

ROADS

Family, friends shocked after cyclist killed in U.S. crash

Iain Gerrard left late on July 14, 2014, after staying up the night before to celebrate the World Cup soccer final with fellow travellers at a hostel in Memphis.

Just before 2 p.m. he called his mom, Jean, in Toronto and told her of his planned 50-kilometre ride south across state lines to Robinsonville, Miss., along the famed Highway 61.

Visibility was good as Iain pedalled along the right-hand lane of the roadway. Not more than half an hour from his destination, the 23-year-old from Toronto was struck and killed by a tractor-trailer going 100 km/h driven by a man from Brampton, Ont.

The incident has left Iain's family and friends devastated, while questions remain about a shoddy investigation of the incident by U.S. authorities.

The 59-year-old driver whose truck hit the cyclist, Atma Gill of Brampton, Ont., maintains Iain was cycling the wrong way on Hwy. 61, towards traffic. He has told this story to the state trooper, an insurance investigator and a Torstar reporter. Gill says that the young cyclist turned in front of his tractor trailer and that it looked as if Iain was trying to kill himself.

Yet Milton Scarborough, a driver who witnessed the crash said he saw Iain cycling southbound — in the same direction as the transport trailer.

"And then, all of a sudden



Iain Gerrard's bike from the police scene. Initially police said Gerrard rode head first into a truck, but an independent investigation conducted by private investigators showed he was hit from behind. COURTESY THE GERRARD FAMILY

I said 'There's something wrong here.'

William Gerrard

his body just went up in the air, his bags just come off, everything," said Scarborough. "I told my wife, oh my God, he done got hit."

Back at home, in shock at the news, parents Jean and William Gerrard booked flights to Memphis to claim their son's body. They were alarmed by what authorities were telling them. Iain was a stickler for the rules of the road and would never ride against traffic, they thought.

"I just didn't make sense that



Iain enjoying ribs on his U.S. cycle tour. CONTRIBUTED

Iain had been hit head on. When the Gerrards saw Iain's body, they noticed their son's face had just one small cut, below his eye where his glasses had been.

"I said 'There's something wrong here,'" said William. "And I put my hand behind his head

and I just felt the back of his head was just crushed in."

Footage of the crash scene filmed from a helicopter by a local news channel showed Iain's bike lying on the grassy roadside, its back wheel mangled. The front of the bike was intact.

When Iain's parents visited the crash site the day after their son was killed, they were stunned to discover many of Iain's belongings lying by the side of the road. They found his eyeglasses, sunglasses, bike helmet and rearview mirror. They later learned that Iain's bike had been handed over to the Mississippi Department of Transportation as garbage.

The Gerrards also wonder why no one seemed to question why it took an ambulance 45 minutes to arrive on the scene.

The family, haunted by what they were being told, was at a loss about what to do until they received a letter about a week and a half later, on the day of Iain's cremation, from an organization called Bike Walk Tennessee. The organization, which works to improve safety for cyclists and pedestrians, said it had heard about Iain's death and was concerned that statements made by the Mississippi Highway Patrol appeared to illustrate a misunderstanding of cycling laws.

At Bike Walk's suggestion, the Gerrards hired Charlie Thomas, a lawyer in New Orleans who specializes in bike law and the personal injury of cyclists.

Thomas hired a private investigator and an accident reconstruction expert, who came to the conclusion that Iain was hit from behind.

Thomas reached investigating Officer Gerald Cooper, who amended the police report to say Iain was cycling in the direction of traffic and that the trucker "failed to yield right of way" when passing him, but called the incident an "accident."

Cooper told Torstar that despite amending his report to show that Gill failed to yield, the Highway Patrol will not lay a charge — or even give the trucker a ticket — because he did not witness the incident.

Earlier this year, the Gerrards settled a civil suit with the trucker's insurance company. They are still angry with how their son's death was handled by authorities and continue to question why the investigation was conducted so haphazardly. The terms of the settlement are confidential.

TORSTAR NEWS SERVICE



Rasheed experienced dire threats. THE CANADIAN PRESS

HUMAN RIGHTS

Syrian a sexual refugee

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail.

The police who blindfolded him and beat him with electrical cables made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria. THE CANADIAN PRESS

LITIGATION

Doctor tries to sue ex for pregnancy

A 42-year-old Toronto physician recently tried to sue a woman with whom he'd had a casual sexual relationship for more than \$4 million in damages when she became pregnant, claiming "non-pathological emotional harm of an unplanned parenthood."

The man, identified only as PP in a court ruling, alleged in a statement of claim that the woman, known as DD, told him she was taking birth control, and so the two proceeded to have sex on several occasions without a condom when they were seeing each other in 2014.

But then DD got pregnant, and PP wasn't pleased, so he sued her.

Superior Court Justice Paul Perell threw out PP's statement of claim last week, without per-

BACKGROUND

Hiding ID to protect baby

Justice Paul Perell said the facts in the case are so "salacious" that he decided on his own initiative to hide the identities of both parties and seal the court file for fear the child might one day find the ruling and realize he or she was the focus of it.

TORSTAR NEWS SERVICE

argument as "really a claim for wrongful pregnancy and birth."

DD, a 37-year-old medical practitioner who is now the mother of a healthy 10-month-old child, is pleased with the decision, her lawyer said.

PP's lawyer could not immediately be reached for comment.

Perell wrote that PP was not seeking to avoid child support obligations, as he is already making payments.

"To use the language of the statement of claim, PP was emotionally harmed because he was deprived of the choice of falling in love, marrying, enjoying married life and, when he and his wife thought 'the time was right,' having a baby," the judge wrote in his 18-page ruling.

TORSTAR NEWS SERVICE

mitting him the opportunity to amend it, finding there was no legal basis for his lawsuit.

"The case is certainly precedent-setting because no one has ever tried to do this before," said DD's lawyer, Morris Cooper, who characterized PP's



A new career. A better life.

Prepare for thousands of jobs in Accounting Administration!

Train on computerized accounting software for bookkeeping and payroll administration.

Earn your Diploma in 13 months!



Apply now for March

Call or Click Today

902-463-6700

maritimebusinesscollege.com

Iran, U.S. swap prisoners as part of diplomatic effort



Iran released four American detainees on the weekend, including **1** Amir Hekmati, a former U.S. Marine, **2** Saeed Abedini, a pastor, and **3** Jason Rezaian a Washington Post correspondent. Also freed was Nosratollah Khosravi-Roodsari, who stayed in Iran.

INTERNATIONAL RELATIONS

Some critics feel Americans used as pawns by Iranians

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward this weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some \$100 billion in sanctions relief.

The announcements culminated a stunning few days for the Obama administration and particularly Secretary of State John Kerry, who led the diplomatic outreach to Tehran at President Barack Obama's direction through years of slow-grinding negotiations.

Speaking from the White House, Obama on Sunday hailed the "historic progress through diplomacy," long the centerpiece of his foreign policy vision, instead of another war in the Middle East.

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah

Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

"This is a good day," Obama said in a statement from the White House. "When Americans are freed and returned to their families, that's something we can all celebrate."

For all the celebrations, the timing of the deal, finalized hours after Saturday night's UN confirmation that Iran made good on pledges to significantly back away from atomic bomb-making capacity, suggested that the Americans possibly were used as pawns by the Iranian government to win long-sought economic relief, as critics allege.

The International Atomic Energy Agency's declaration unlocked some \$100 billion in frozen Iranian assets overseas, and potentially even greater economic benefits through suspended oil, trade and financial sanctions by the U.S. and European Union.

Critics of Obama's Iran policy at home and abroad pounced on the details of the prisoner exchange and the new economic opportunities being afforded Tehran while it still supports Syrian President Bashar Assad's government and the militant groups Hamas and Hezbollah. THE ASSOCIATED PRESS

WHITE HOUSE Obama hails deal as 'smart'

U.S. President Barack Obama on Sunday heralded the release of Americans held prisoner in Iran and the full implementation of a historic nuclear accord with Iran, holding both up as a victory for "smart" diplomacy and fulfillment of his pledge to deal directly with enemies of the United States.

"This is a good day," Obama said in a statement from the White House. "When Americans are freed and returned to their families, that's something we can all celebrate."

The president spoke at the close of an extraordinary weekend that saw back-to-back releases of five imprisoned Americans and the termination of billions in international sanctions on Iran as part of the nuclear accord. Yet underscoring the strain that continues to exist between the U.S. and Iran, the Obama administration also announced new penalties Sunday on 11 individuals and entities involved in Tehran's ballistic missile program.

"We will continue to enforce these sanctions vigorously," Obama said. "We are going to remain vigilant about it."

The U.S. and Iran broke off relations after the 1979 hostage-taking at the U.S. Embassy in Tehran. THE ASSOCIATED PRESS



Barack Obama. SAUL LOEB/AFP/GETTY IMAGES

It reflects a pattern we have seen in the Obama administration over and over again of negotiating with terrorists.

GOP presidential candidate, Texas Sen. Ted Cruz

IN BRIEF

SANCTION RELIEF

New economic reality dawning for Tehran

Upbeat slave book pulled
Scholastic is pulling a controversial new picture book about George Washington and his slaves.

The book, titled *A Birthday Cake for George Washington*, was released Jan. 5 and had been strongly criticized for its upbeat images and story of Washington's cook, the slave Hercules. Its withdrawal was announced Sunday. The book was written by Ramin Ganeshram and illustrated by Vanessa Brantley Newton. THE ASSOCIATED PRESS

The implementation of a historic nuclear deal with world powers is expected to pave the way for a new economic reality in Iran, now freed from harsh international sanctions.

More than \$30 billion in assets overseas will become immediately available to the nation. Iran's Central Bank Governor, Valiollah Seif, was quoted by the official IRNA news agency as saying that Iran will not transfer the cash and instead will use it to import the goods it needs. Official Iranian reports have set the

total amount of frozen Iranian assets overseas at \$100 billion.

A European oil embargo on Iran will end. Already, some 38 million barrels of oil are in Iran's floating reserves, ready to enter the market, according to the International Energy Agency.

All that means even more money coming into the country, allowing it to undertake needed repairs to its oil and gas fields to boost its own production. Iran is home to the world's fourth-largest proven reserve of crude oil and ranks

second in proven natural gas reserves behind Russia.

Tehran already seems to be making plans for its post-sanctions economy and infrastructure. Transport Minister Abbas Akhondi told the official IRNA news agency Saturday that his government had agreed to buy 114 new planes from the European consortium Airbus. Iran is looking to buy up to 400 new planes to replace its aging commercial fleet — some of which has been grounded due to a lack of spare parts.

THE ASSOCIATED PRESS



Iranian President Hassan Rouhani presented parliament with a draft budget Sunday. ATTA KENARE/AFP/GETTY IMAGES



A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. The attack left 28 people dead, with 56 wounded. ISSOUF SANOGO/AFP/GETTY IMAGES

Canadian aid workers dead

BURKINA FASO

Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude;

his wife, Gladys Chamberland; their son Charlélie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amitié de Solidarité Internationale de la Région des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the

attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkina Faso village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE



Gladys Chamberland

Yves Carrier



Maude Carrier



Charlélie Carrier



Louis Chabot



Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

Survivors recall the attacks

- As al-Qaida fighters attacked the cafe where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

- The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

- About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Cafe. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

- Witnesses said four attackers stormed the cafe around 7:30 p.m. Not only did they shoot at patrons, they also set the cafe ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

- "Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

- He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

- By then, the jihadis had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadis were killing people outside.

- "Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

POLITICS

Taiwan elects its first female president



Tsai Ing-wen, centre, the chairwoman of the opposition Democratic Progressive Party, won the presidential election to become Taiwan's first female president. ULET IFANSASTI/GETTY IMAGES

Taiwan's presidential election victor Tsai Ing-wen will enjoy a broad mandate from her commanding victory and her independence-leaning party's new legislative majority, but managing the island's delicate relations with China will be tricky.

Already, Beijing warned following her Saturday night victory that it will not budge on its bottom line that Taiwan's leader must agree that the communist mainland and self-governing island democracy are part of a single Chinese nation. The sides could be in for a lengthy wait as

China assesses whether it feels it can trust Tsai.

"To handle cross-Taiwan Strait relations after Tsai's election will be difficult, not just for Taiwan but also for mainland China," said Huang Jing, a China expert at Singapore National University's Lee Kuan Yew School of Public Policy.

Tsai, who will be Taiwan's first female president, won by 56 per cent of the vote to 31 per cent for her closest rival Eric Chu of the China-friendly Nationalist Party, which has held the presidency for the last eight

years. Her Democratic Progressive Party won 68 of 113 parliamentary seats, giving it its first majority in the assembly long-dominated by the Nationalists.

The reasons for the massive win were many.

The size of the win could also put additional pressure on Tsai and the DPP, said Larry Diamond, a senior fellow at the Hoover Institution who closely follows Taiwanese politics.

"When you do as well, as decisively as the DPP has done, there are no excuses" for failure, Diamond said. THE ASSOCIATED PRESS

IN BRIEF

Five drug trial participants in French hospital, 1 dead

A man died in a French hospital Sunday after taking part in an experimental drug trial for a painkiller, and five other participants remain hospitalized after one of France's most troubling medical incidents. The Portuguese pharmaceutical company testing the drug, Bial, said in a statement that it's working with health authorities to determine what caused "this tragic and unfortunate situation." THE ASSOCIATED PRESS

LAS VEGAS

Wearables that stood out at CES

While wrist-worn devices like the Fitbit remain the most popular type of wearable, companies are continuing to develop smart items for other parts of the body.

1 THE SMART BRA

Available: Spring 2016
Cost: \$149 US for starting kit and \$59 US for an additional bra



Montreal-based OMsignal's first crack at the women's clothing market tracks heart rate, distance and calories as well as more detailed data such as breathing rhythm.

Some analysts predict 2016 will be the year wearables reach beyond nerds and athletes.

Here are four wearables that stood out at CES:

Many wearable gadgets measure general fitness, but the Vert2 monitor hones in on the user's jump. The size of a USB stick, it clips on to the waist and tracks height and jump count as well as intensity, total Gs and other measurements, all in real-time.



2 THE SMART SKI AIRBAG VEST

Available: Only to professional skiers for now, in stores as of July 2016.
Cost: Around 1,200 euros

When its sensors detect a loss of balance, the ski airbag vest can inflate in 100 milliseconds, protecting the neck, chest, spine, abdomen and hips, the French company In-motion says.

3 THE JUMP MONITOR

Available: May 2016

Cost: \$125-150 US

Fitbit's first colour smartwatch, the Blaze, tracks heart rate, sleep and more. The smart watch automatically recognizes the activity you're doing, whether it's hiking, basketball or even Zumba. Other features include on-screen workouts and calendar notifications.

TORSTAR NEWS SERVICE

IN BRIEF

Sweet'N Low to end Brooklyn production

Family-owned Sweet'N Low is stopping production in Brooklyn after almost 60 years and shifting entirely to other parts of the country. That would leave only the company's headquarters in the borough.

THE ASSOCIATED PRESS

Netflix to offer more family shows this year

Netflix says it will make a special effort to produce programming for children and families, offering 20 new programs in the category this year led by the Feb. 26 premiere of the Fuller House remake.

THE ASSOCIATED PRESS

Costly cauliflower too rich for menus

FOOD

Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis. At least one restaurant chain famous for its take on cauliflower is passing on some of the extra costs to its customers.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs \$13, while the appetizer runs customers \$9.75.

The restaurant now pays more than double what it used to for a case of the cruciferous vegetable, up to \$60 a case. That means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Still, Bouzide can't fathom discontinuing the dish, like some others have opted to do.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it



The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

\$60

The price per case of cauliflower that Nuba restaurants of Vancouver pays, more than double the earlier rates.

opened in 2014. About a month ago, the offering disappeared from the menu.

"As much as people love it,

if we're losing money on it or we're charging too much, no one's going to feel good about it," chef Kevin Gilmour said.

The dish cost \$18, he said, but with the cost of the main ingredient, the restaurant would have to charge up to \$40 for it now.

That just wasn't viable, said Gilmour, who replaced it with a local, more price-consistent option: acorn squash.

Squash may be the next go-to ingredient for chefs looking

for a new heir to cauliflower's popularity since many other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

Edgar Gutierrez, the chef at Rostizado in Edmonton, has been experimenting with fennel with some success. He thinks fennel could be versatile enough to resonate with diners this year.

THE CANADIAN PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

6 Travis Scott Antidote

5 Twenty One Pilots Stressed Out

4 The Chainsmokers ft Rozes

3 Shawn Mendes ft Camila Cabello I Know What You Did Last Summer

2 Fetty Wap ft Remmy Boyz 679

1 Justin Bieber Love Yourself

1013TheBounce.com [1013thebounce](#)

PLAY Yesterday's Answers

from your daily crossword and Sudoku



for more fun and games go to [metronews.ca/games](#)

THE HANDY POCKET VERSION!

Get the news as it happens



Download the Metro News App today at [metronews.ca/mobile](#)

metro



metro VIEWS

Your essential daily news

Monday, January 18, 2016



THE BIG NUMBER

40%

That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around \$1.73 billion (in 1990-1991) to approximately \$1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minister, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air: Before he was elected, Prime Minister Justin Trudeau promised a \$150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years.

SOURCE: MARKETING MAGAZINE

ROSEMARY WESTWOOD

metroview

The CBC's morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court, let alone politics, health and science stories from outside our border.

I do not mean an update on the zoo's panda bear cubs or the latest high school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon

programs on the CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's only about ten minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music, and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. National Public Radio host extraordinaire Brooke Gladstone, a morning program should feed our need for information, without patronizing or boring us. Too bad the CBC can't even get the first part right.

The Herald's labour strife is bad news for all

HALIFAX MATTERS

Stephen Kimber



gathering and disseminating, however imperfectly, all the news that matters.

We will miss it if we lose it.

The latest Herald flashpoint is a new collective agreement with the paper's 61 newsroom employees. Management wants to slash one-third of the editorial staff — after cutting 20 positions last year, and two dozen more in 2009. Those who survive will be paid less to work more. The union calls that a "total rewrite of the contract that would set us back 20 years."

Last week, union and management traded insults and byline strikes/blockouts. This weekend, management will likely lock out its journalists and replace them with no-name-credit freelancers working from home on four-month contracts to break the union's will — and possibly the union.

But the result may break the newspaper.

These are extremely tough times for so-called legacy media, which are buckling under the burden of last-century printing and distribution infrastructure in a world overflowing with inkless news and instant circulation. To most publishers, still reluctantly weaning from pre-Internet cash cows like classifieds, real estate and auto sales and smacking up against newly disloyal readers no longer willing to pay, the future must seem a maze of dark tunnels with no light visible.

That is the reality the Herald's publishers confront. They are not alone among traditional newspapers in failing — so far — to find a formula for publishing success.

But the ironic flip side is that more people are reading more news than ever. They're just getting it in different ways from different sources. And mostly for free.

Someone will someday —

soon — figure out how to monetize that.

The news has a future.

My fear is that Herald management — by cutting back on the quality journalism that is its only significant "value proposition" while transforming those who create that value into undervalued enemies — will only make the situation worse.

If there is less and less material of substance to read, readers will stop reading, and subscribing. Many already have.

And then the newspaper that bills itself as Canada's largest independent newspaper may not be around to reap that future.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax matters runs every Monday.

metr
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE



PHILOSOPHERCAT
by Jason Logan



Philosopher cat now at
www.mymetrostore.ca



Adel knew he was ready for his first home.
Sonia knew how to make it happen.



Adel, TD Customer



Sonia, TD Advisor

Our know-how can
help you save more.

Adel called Sonia, his TD advisor, when he was ready to own property. Working together, they were able to help Adel save easily for his first home. Now it's your turn. Meet with an advisor today to save more and help reach your goals sooner.

See Adel's story at td.com/savemore



Banking can be
this comfortable.



RSP: Just for retirement?

NEST EGG

Programs help you borrow for new home, education

Michelle Williams

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to \$25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save \$25,000 cash, you have to earn \$40,000 or more before-tax dollars. If you use your RSP, the \$25,000 isn't going to be taxed." For couples buying their first home, both members can use \$25,000 from each RSP, for a total of



You can borrow against your RSP to help with the purchase of your first home. iSTOCK

\$50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that

amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage

with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government pro-

gram lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to \$10,000 per year to a maximum of \$20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

Meet
your
local TD
Advisor



Jimmy Zhou,
5495 Spring Garden
Rd., Halifax

Get comfortable.

Want to save more? Our advisors are here to help.
Visit td.com/savemore to book an appointment today.

Our know-how can help you save more. Visit a branch or td.com/savemore





Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.



Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Metro's money makeover



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Our participants have set their goals, rolled up their sleeves, and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the greatest.

THE VERDICT: In my experience there's only one thing that can derail Yolanda and Annick's progress: repeating financial mistakes. They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

NEXT WEEK: When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating \$58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making \$18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

HER GOAL: Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to tell me how she spends not a penny more than \$200 on groceries each month. Obviously I thought this was a joke considering my recent \$4 tomato purchase at a store in Toronto; the most expensive place in Canada for produce (It's no joke. I was desperate).

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade off more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her adorable pooch moved out of her mom's place and into her first basement apartment costing \$750 per month.

HER GOAL: Making \$20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas before becoming burdened with a mortgage.



LIZ BEDDALL/METRO

THE EVERYTHING TO DO WITH SEX SHOW

A Delicious Night Out

FEATURING

TANTALIZING PERFORMANCES · SEMINARS · KINK CORNER
BURLESQUE STAGE · EROTIC ART · APHRODISIAC CAFE
SHOPPING · SEXY COSTUMES

THE EVERYTHING TO DO WITH SEX SHOW

JANUARY 22 - 24, 2016 CUNARD CENTRE
EVERYTHINGTODOWITHSEX.COM



venus envy

JOHANNA SCHNELLER WHAT I'M WATCHING

Billions gives viewers their money's worth

THE SHOW: *Billions*, Season One, Episode Three (Showtime, Crave)
THE MOMENT: The Snack Cakes

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies.

Sonny blanches. "I earned my jet!" he says. "And the Scrumpties taste fine!"

"You raped the Scrumptet," Axe counters.

"I eat Scrumpties, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that *Billions* has a sense of humour. I'd feared it



Damian Lewis plays blue-collar billionaire Bobby "Axe" Axelrod in *Billions*. CONTRIBUTED

was just *Dynasty* with tattoos instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix. Once you settle in, though, there's much glossy fun to be had, because *Billions* hits the zeitgeist bullseye: the Super-Rich are our new Super Villains.

Whether it's Robert Durst in *The Jinx*, or the decadent Royals, or the posh private-schoolers on *American Crime*, or the nasty Finney family on *Ray Donovan*, the One Per Cent are the bad guys du jour. *Billions* gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SHADES OF BLUE

JLo shines in new police drama

Given her larger-than-life pop star persona, it's sometimes hard to remember that Jennifer Lopez also has acting chops.

There have been more than a few speed bumps along the way in her cannon (*Gigli*, *The Boy Next Door*) but the dark cop drama *Shades of Blue* is a reminder that the singer can still be a commanding screen presence, starring in perhaps her finest outing since she played a U.S. Marshall in Stephen Soderbergh's *Out of Sight*.

In *Shades of Blue* Lopez plays a financially strapped single mother who is part of a group of corrupt New York City detectives. The show opens with a startling confession from her character, Harlee Santos. It then spirals into a nightmare world of wiretaps and deception. Lopez so thoroughly imbues her working class, down and out character, alternating between absolute command and stark vulnerability you forget that you just saw her on *American Idol* the day before.

"Right now in television it's like the best movies are on television," said Lopez at the Television Critics Association convention, explaining why she decided to produce and star in a grueling TV series in addition to her

packed schedule that includes a Las Vegas show and her stint on *Idol*. "The characters are better. There is more of an opportunity to kind of really explore something. It was just a really exciting opportunity to do something that I hadn't done in a while in a different way..."

The first few episodes of *Shades of Blue* (Thursdays on Global) are helmed by Academy Award winning director Barry Levinson (*Rain Man*, *Diner*, *The Natural*) so the series has a heightened cinematic feel.

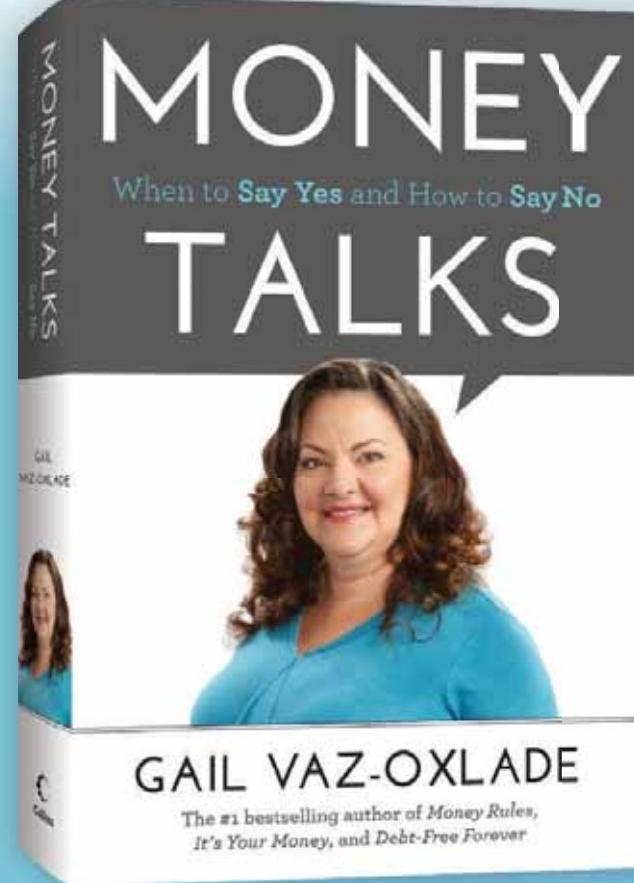
But it's not perfect. The plot is at times formulaic, and some of the missteps introduced into the show to move the storyline are heavy handed. But Lopez plays off well against Ray Liotta (*Goodfellas*) as a corrupt police lieutenant who is trying to uproot the rat in his den of thieves.

Levinson, who is also a producer on the show, says he decided to work on the television series because of the "burst of creativity" in the medium. "More and more talent from theatrical has now made the crossover. Television is now the place, and if you want to really do character work, that's not really existing theatrically anymore."

TORSTAR NEWS SERVICE



Actress Jennifer Lopez on the set of *Shades of Blue* in New York City.
 ZELIG SHAUL/ACE PICTURES



MEET GAIL VAZ-OXLADE

Wednesday, January 27

7:00 PM

Chapters Bayer's Lake

Take on your toughest money problem:
THE PEOPLE YOU LOVE

MONEY TALKS — In Bookstores Now

Discover this book and more at
harpercollins.ca

To get rich, ignore that spending itch

GROW YOUR MONEY

Make do with less and stash difference to build wealth



I'm going to talk about something I get letters on all the time: Wealth. People want to know how to save (where to find the money) and how much to save to be wealthy.

Wealth is the difference between what you earn and what you spend. Spend it all, and you'll end up with a big, fat zero. Spend less than you make and you'll build your wealth. It doesn't have to be a huge amount. But it does have to be a conscious decision because wealth doesn't just happen. You have to make it happen.

So, how much is enough? And how to make do on less so you have the money to save?

When it comes to retirement savings, if you're in your twenties as little as 6 per cent of your income will likely do. Wait until

you're in your thirties and the number jumps to 10 per cent. And in your forties it's 18 per cent.

Making do on less comes in all sizes and formats. Some people go with a Make-Do week, during which they stretch everything a little farther so they spend less.

Spending holidays are another way to find the money that turns into wealth. No-spend days make you conscious of your spending habits. Start by spending nothing on Mondays, then add Tuesdays. Over time, you'll learn what pulls your trigger to spend.

There are a whole bunch of tools that can help you build your wealth: RRSPs, Tax-Free Savings Accounts and Registered Educational Savings Plans for your kids. Think of each of these as separate umbrellas.

If you want to defer taxes and build a pool of money for when you retire (particularly if you don't have a company pension plan) use an RRSP.

If you want to grow your money tax-free with the flexibility to use that money and then replace it later, use a TFSA. Ditto if you want to make sure you get to keep all your government benefits when you retire.

If you want to earn free grant

money from the government and have some funds available for schooling later use an RESP.

RRSPs, TFSA and RESPs do not generate a return on their own, so they are not investments. If you put your money into any of these plans, you must then choose an investment to make your money grow. You might choose a savings account. You might choose a GIC, a mutual fund, an indexed investment, bond or stock.

Perhaps the biggest barrier to building wealth is getting started. If you belong to a company pension plan, you are already saving some money, which counts towards your overall goal. If you aren't taking full advantage of your pension plan, you're turning your back on free money so go sign up today. If you don't belong to a pension plan at work, you'll have to make your own using an RRSP, a TFSA or a combination of the two. Time to open up a plan and make those contributions — those steps to getting wealthy — monthly and automatically. There. Now you're building wealth.

For more money advice, visit Gail's website at gailvazoxlade.com

IN YOUR TWENTIES?



YOU SHOULD SAVE...

6%

of your income

IN YOUR THIRTIES?



YOU SHOULD SAVE...

10%

of your income

IN YOUR FORTIES?



YOU SHOULD SAVE...

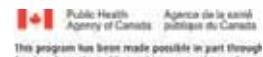
18%

of your income



Sign up now! Learn to run and quit smoking for good.

Visit runtoquit.com for more information.



This program has been made possible in part through funding from the Public Health Agency of Canada.

SPONSORED CONTENT

Time to run from your smoking habit

Cigarettes are bumming you out. It's time to Run to Quit.

This new 10-week smoking cessation program by the Canadian Cancer Society and The Running Room Ltd. combines a proven learn-to-run model with smoking cessation strategies

"Here in Nova Scotia, we've taken great steps to curb the use of tobacco — especially among our youth. The reality remains that two million Canadians still smoke," says Barbara Stead-Coyle, CEO of the Canadian Cancer Society-Nova Scotia Division. "We are proud to partner with Canadian companies such as The Running Room to create programs like Run to Quit. This offers smokers a way to quit for good, with support, encouragement and coaching every step of the way."

Combining exercise with quitting smoking improves your chances of quitting because it makes it easier along the way. A trained group of leaders from the Running Room will work with you step by step to create new patterns of healthy behaviour to help you live smoke-free.

There are three formats: in-store group ses-



ISTOCK

sions; on-line training through emails and audio files; and solo training by working towards the goal of completing a 5K race or walk. You could be a winner — not only by quitting and becoming healthier, but you'll also be eligible to win a Ford Focus or one of five \$1,000 cash prizes.



metr^o SPORTS

"Violence is never the answer, but sometimes it is": Matt Barnes was fined \$35K for comments regarding Knicks coach Derek Fisher

Islanders drown Herd

QMJHL

McDonald shuts out his hometown Mooseheads

The Moose were definitely not on the loose Sunday, as the Charlottetown Islanders shut out the Halifax Mooseheads 6-0 in Quebec Major Junior Hockey League action in Charlottetown.

Daniel Spong scored the eventual game-winning goal just 17 seconds into the game, while Mason McDonald of Halifax stopped 19 shots for his first shutout this year, upping his record to 8-14.

It capped the solid weekend for the Isles, giving the squad points in eight of its last 10 games and bettering its record to 17-21-5-2. Halifax dropped to 15-25-5-1.

Islanders forward Bradley Kennedy said the quick start set the night's tone.

"We back-checked really well, played solid behind the net," said Kennedy, who chipped in two assists in the first period, including a nifty effort to Oliver Cooper for the second goal.

"We kind of built off Spong's goal. That got us going and we worked them down low and put the pucks in the net."

Kameron Kielly, Samuel Blais, Mitchell Balmus and Jake Coughler tallied the other goals.

Blais' marker chased Herd goalie Eric Brassard for backup



Islanders left-winger Oliver Cooper chases a loose puck under the watchful eye of Mooseheads goalie Eric Brassard on Sunday in Charlottetown. MITCH MACDONALD/THE CHARLOTTETOWN GUARDIAN

Kevin Resop with just over three minutes left in the first period. Brassard allowed four goals on 13 shots.

Halifax was coming off its third game in four nights, including a 5-2 loss to Saint John on Saturday, and the slow start didn't help a lineup minus forwards Danny Moynihan and Timo Meier, along with

In Charlottetown

6	0
ISLANDERS	HERD

defencemen Cody Donaghay and Cavan Fitzgerald, all gone to other teams in the trade

period.

But Mooseheads captain Taylor Ford wasn't making excuses and he sees practice making perfect.

"That slow start, four goals and 18 shots, we had something like seven, I think that's what killed us," Ford said. "We'll work hard in practice, and work on the things we

need to work on. It all starts in practice. We have a big road trip to Rouyn and Val-d'Or (later this week). We'll be ready."

Kennedy was named the game's first star. Blais and Spong each had two assists.

Brassard's record fell to 12-18. CHARLES REID/THE CHARLOTTETOWN GUARDIAN

AUS IN BRIEF

Huskies men's hockey team adds 2 wins to record

The Saint Mary's Huskies men's hockey squad had a strong weekend on the ice.

The Huskies won two straight, shutting out the Moncton Aigles Bleus 8-0 on Friday, and then defeating the St. Thomas Tommies 6-3 on Saturday, both on the road, to improve their record to 11-6-2 — good enough to grab fourth place in Atlantic University Sport standings.

The Dalhousie Tigers, meanwhile, lost two straight, getting blanked 2-0 by the UNB Varsity Reds on Friday and dropping a 4-1 game to the UPEI Panthers on Saturday, both at home, putting them in seventh place.

METRO

St. Mary's women dribble over Sea-Hawks twice

The Saint Mary's Huskies women's basketball team continued its winning ways over the weekend.

The Huskies topped the Memorial Sea-Hawks 76-51 on Friday and 71-51 on Saturday, improving their record to 9-1 and putting them in second place.

The fifth-place Tigers, meanwhile, lost two straight to the UNB Varsity Reds, 67-52 on Friday and 64-50 on Saturday.

On the men's side, the second-place Saint Mary's split its double-header against Memorial, winning 86-78 on Friday and falling 109-105 in overtime Saturday. METRO

**MAKE YOUR RESOLUTIONS A REALITY AT DALPLEX!
JOIN TODAY FOR AS LITTLE AS \$29.50* A MONTH**

NO ADMIN FEES & NO FEES TO JOIN!

- Add on a spouse/partner or dependant child for only \$15/month
- Add on towel service for only \$5/month
- More Member Appreciation activities, contests and prizes

*Some conditions apply. Visit us online for details.

DALPLEX



902-494-3372 | DALPLEX.CA



NBL CANADA

Hurricanes get back to winning ways

The Hurricanes are back on track.

The Canes capped the Moncton Miracles 117-107 on the road Sunday, improving the local National Basketball League of Canada club's record to 7-3 on the 2015-16 regular season.

Guard Justin Johnson led Halifax with 28 points and eight assists, while Mike Glover put up 23 points and pulled down nine rebounds, according to a Hurricanes news release.

Guard Shane Gibson added

19 points and forward Kyle Hunt contributed 13 points, the release said.

For the Miracles, James Justice scored 29 points, while Anthony Gurley notched 15 points.

The Hurricanes tip off against the Miracles again at the Moncton Coliseum on Friday before heading to Charlottetown to take on the Island Storm at the Eastlink Centre on Saturday.

KRISTEN LIPSCOMBE/METRO

IN BRIEF

Match-fixing report to be addressed at Aussie Open

An International Tennis Federation spokesman at the Australian Open says the Tennis Integrity Unit plans to issue a statement on Monday in reaction to reports over match-fixing in the sport.

The BBC and BuzzFeed News say secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis. The report said that in the last decade, 16 players who have been ranked in the top 50 have been repeatedly flagged to the integrity unit.

THE ASSOCIATED PRESS

United close gap to the top with win at Liverpool

Manchester United relied on brilliant goalkeeping by

David de Gea and a late, opportunistic finish by Wayne Rooney to snatch a 1-0 win at great rival Liverpool on Sunday, sparking talk of an unlikely run at the Premier League title.

With Arsenal drawing 0-0 at Stoke to return to first place on goal difference above Leicester, United trimmed the gap to the leaders to seven points — with 16 matches still to play.

Sid notches pair vs. Canes

Sidney Crosby scored two goals and Marc-Andre Fleury stopped 22 shots for his third shutout of the season and 41st of his career as the Pittsburgh Penguins beat the Carolina Hurricanes 5-0 on Sunday. THE ASSOCIATED PRESS

NFL PLAYOFFS

Win in Carolina sends Cam and Co. to NFC championship

Cam Newton and the Carolina Panthers will host the NFC championship game for the first time after knocking out the two-time conference champion Seattle Seahawks 31-24 on Sunday.

The top-seeded Panthers (16-1) will host the Arizona Cardinals next Sunday for a spot in the Super Bowl. The Cardinals (14-3) beat the Green Bay Packers 26-20 in overtime on Saturday night.

Newton threw a touchdown pass, Luke Kuechly scored on an interception return and the Panthers raced to a 31-0 halftime lead before holding off a second-half surge by the Seahawks.

It is Carolina's fourth appearance in the NFC title game and first since 2005.

The Panthers and Cardinals have not played this season.

"We were conservative, but at the end of the day, you have to trust coaching," Newton said. "We had a great plan coming in. We just got to keep



Panthers running back Jonathan Stewart Panthers reaches for a touchdown during the second quarter of Sunday's NFC divisional playoff game in Charlotte, N.C. STREETER LECKA/GETTY IMAGES

SUNDAY In Charlotte

31 PANTHERS	24 SEAHAWKS
-----------------------	-----------------------

putting it back together.

"We're getting a lot of guys back, watch this film, get better on it and get ready for Arizona."

This will be the third time since 2008 the Cardinals have visited the Panthers in a playoff game. In 2008, the Cardinals upset the No. 2-seeded Panthers 33-13 in the divisional playoffs en route to their only Super Bowl appearance.

The Panthers defeated the Cardinals at home 27-16 in the wild-card round last season.

THE ASSOCIATED PRESS

ON SATURDAY

Tom Brady hit Rob Gronkowski with two TD passes Saturday to lead the New England Patriots to a 27-20 win over the Kansas City Chiefs. They Patriots will face the Broncos in the AFC title game. Go to metronews.ca for more.

Service Directory**To advertise contact 421-5824**

January 18

APARTMENTS



A NEW YEAR A NEW HOME!

**FIND MY PLACE TO LIVE!
902-449-RENT (7368)**

DARTMOUTH
902-402-2915
902-402-6287
902-401-2735
902-401-8312

KENTVILLE
902-691-3000
902-402-1518

HALIFAX
902-402-1518
902-402-2915

WINDSOR
902-402-1518
902-791-0232

**WAIVED SECURITY DEPOSIT
FOR SENIORS ON SELECT UNITS!**

www.metcap.com

BUSINESS OPPORTUNITY



The World's #1
Fastest Growing
Franchise*

**Get your own Business!**

- Professional Training Starter Kit
- Accounts Guaranteed
- Insurance and Bonding
- Cash Flow Management
- Ongoing Assistance
- Financing
- Additional Accounts
- Support to Grow your Business

RANKED #1

COMMERCIAL
CLEANING
FRANCHISE*
&
OVERALL
HOME-BASED
FRANCHISE
for 2013/14/15

*Source: Entrepreneur Franchise 500 Awards.

Now Located at 2 Bluewater Rd, Suite 130, Bedford

Contact Carlos De Regules (902) 481-2100
carlos.deregules@jan-pro.ca • jan-pro.ca

HOME HEATING

**Heat Pumps
from \$33/mth**
Nova Scotia Power
On Bill Financing



902-444-7870

Halifax | Dartmouth
Sackville | HRM

RECIPE Crunchy Tofu

PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

Ready in
Total time: 30 minutes
Serves 4

Ingredients

- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

Directions

1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now

cut each square in half diagonally and you'll have 8 triangles.
2. Whisk the egg in a shallow bowl. Pour the panko bread-crumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.
3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.
4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.
5. Serve with rice and mixed vegetables.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17					18							19		
20					21					22	23			
29	30					31	32		33			34	35	
36					37		38			39				
40			41	42					43		44			
45		46		47					48	49				
50			51			52		53						
57	58				59	60	61				62	63	64	
65			66	67					68	69				
70			71					72						
73			74					75						

57. Recurring theme
58. Vassal
59. Bator, Mongolia
60. Small horses
61. Song by #17-Across that goes "You sang to the moon / In the great black night..."
62. Dedece
63. Poetic foot

words
64. Whopper
65. Awaken
66. Gold" (1997)
67. Volcano of Hawaii, Mauna
68. Yalie
69. Alberta town est. 1911

DOWN
1. Assorted [abbr.]
2. "Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.
5. Teacher's workplace, for short
6. Mr. Potato
7. Shrek, for one
8. Update a route
9. Function
10. Leisurely walk
11. Emmy-winning police drama of 1981 to 1987: 3 wds.

12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor _ Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de _ (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwichy treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

Taurus April 21 - May 21

You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

Gemini May 22 - June 21

Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

Cancer June 22 - July 23

If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

Leo July 24 - Aug. 23

No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

Virgo Aug. 24 - Sept. 23

Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

Libra Sept. 24 - Oct. 23

Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

Scorpio Oct. 24 - Nov. 22

You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

Sagittarius Nov. 23 - Dec. 21

Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

Capricorn Dec. 22 - Jan. 20

You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

Aquarius Jan. 21 - Feb. 19

No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

Pisces Feb. 20 - March 20

You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3			7				
9		2	8					3
2	3	1	7					6
	5						9	
7	2					5	4	
9	6					8	1	
	4					3		
5	1	3	2					4
6							8	

© 2013 Conceptis Puzzles. Used by King Features Syndicate, Inc.



Creativity is subjective. The truth isn't.

Truth in Advertising Matters.

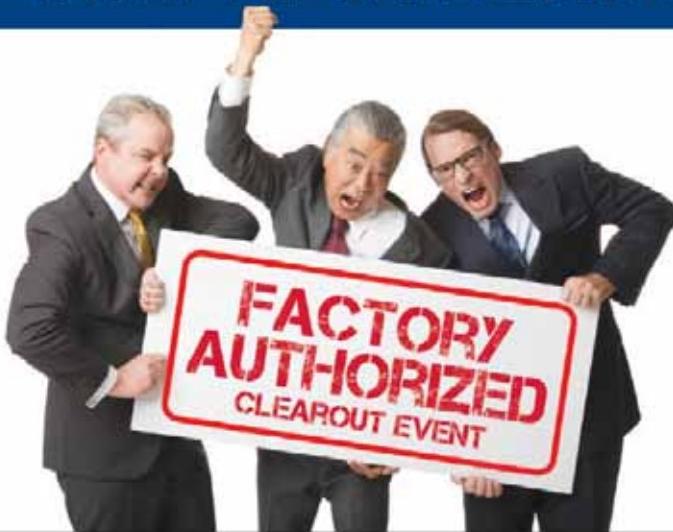


Advertising Standards Canada
adstandards.com/psa

ONLY AT O'REGAN'S DARTMOUTH HYUNDAI



HYUNDAI®



GET
0%
FINANCING[†] FOR UP TO **84** MONTHS
ON ALL 2016 MODELS

NO WONDER THE COMPETITION ALREADY HATES 2016.

CLEAROUT OFFERS

— ON 2016 ELANTRA AND SANTA FE SPORT MODELS! —

2016
ELANTRA



SAVE
\$5,800*

HWY: 6.3L/100 KM
CITY: 8.6L/100 KM*

Sport Appearance Package model shown.*

WAS
~~\$15,799~~

NOW
\$9,999*

FROM
\$27/WK*

PLUS
YOUR CHOICE OF

BONUS

7 YEAR
WARRANTY
120,000 KM
COMPONENTS EXCLUDED WARRANTY

OR

FREE WINTER TIRES



CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaidartmouth.com

*See dealership for more details. Vehicle not actually as shown, limited availability. Tax and fees not included in payment or price. Offer subject to change without notice. Your choice of bonus, warranty or free winter tires with O'Regan's financing.